

## Importance of Mentors

Name: \_\_\_\_\_

Date: \_\_\_\_\_

A mentor is a person who helps or guides someone with less experience. The video "Importance of Mentors" looks at how mentors can help you succeed in achieving your goals.



Watch the video "Importance of Mentors" at least once. Then read each statement below. Think carefully about each question before you answer it.

1. The video points out that "We're not born with instructions for how to do what we want."

What does this mean to you? What are some ways you learn how to do things that are important to you?

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2. The video explains that mentors are people who can help you meet your goals.

Goals can be short-term (something you want to achieve soon) or long-term (will take a year or longer to achieve).

List three short-term goals (like getting at least a B on your science project) that can help you reach a long-term goal (such as going to/graduating from college).

Short-Term Goal:	Short-Term Goal:	Short-Term Goal:
Long-Term Goal:		

**3. In the video, listeners learn that “Mentors can be part of your life from an early age.”**

Think about a goal you had as a younger child. Who is someone who helped you reach that goal? What are some ways this person helped you?

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**4. The video points out that a mentor can “hold you accountable” for meeting your goals. This means that a mentor helps you take responsibility for your success, even when things seem tough.**

Look at the goals you identified in #2. What is one challenge you might face in achieving one of your short-term goals?

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What do you think a mentor might say to help you stay motivated?

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What is something you can tell yourself to stay motivated?

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**5. The video points out that a mentor can be someone in your family or a person you meet through your community.**

What are some actions you can take to find a mentor who has experience in a career you’re interested in?

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6. In thinking about finding a mentor, a speaker in the video suggests making a list of people who inspire you.

Who inspires you? Complete the chart to tell about four people who inspire you.

Who Inspires Me	Why?
1.	
2.	
3.	
4.	

7. "Don't be afraid to ask!" A speaker in the video gives this advice.

Sometimes it helps to practice what you're going to say. Write what you can say to someone who you are asking to mentor you. Write what that person might say to you.

**Me:**

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**My (I Hope) Mentor:**

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8. Sometimes the person who you ask to be a mentor won't be able to say "yes."

Imagine this happens to your friend. She was really hoping a software developer who lives in your community could be her mentor. Thinking about what you learned in the video, what would you say to your friend to help her find a mentor?

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